



GETTING STARTED

We encourage everyone in Emmanuel to take some time to pray. There are eight "Prayer Stations" for your walk.

You can use the Prayer Stations anywhere. As suggestions they could be used:

- at home
- on a walk
- outside Emmanuel Church

There is a bible verse for each Prayer Station.

Use as many as you want. It will be good to plan a place where you will use each, somewhere that will help give a visual link to the theme of the verse.

BE CREATIVE WITH YOUR SPACES!

HOW TO PREPARE?

As you prepare, you may want to listen to a worship song to inspire you.

MAYBE TRY....

- So Will I (100 billion times)
- All Creatures of Our God and King.

Ask God to inspire your thoughts and prayers and to help you to be open to hear the prompting of His Spirit,

His still small voice speaking to you.

You may find it helpful to take a book to write down your reflections.

After your time using the prayer stations please share any insights with us.

We'd love some thoughts, reflections, prayers to be added on social media. Just remember to add the hashtag **#emmanuelcroydon**

REFLECTION

"Circumstances may appear to wreck our lives and God's plans, but God is not helpless among the ruins. God's love is still working. He comes in and takes the calamity and uses it victoriously, working out His wonderful plan of love."
(Eric Liddell)

God is at work in the midst of this pandemic, in our lives and in the church.

Use this time of reflection to consider how God is at work in your life and where or how He may be calling you to play your part in working out His wonderful plan of love.



PRAYER STATIONS



AT HOME



ON A WALK

GOD'S GRACE



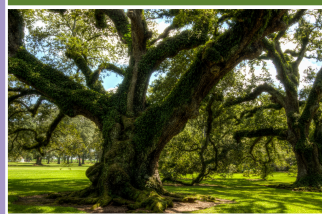
In a comfortable chair
 As you start your walk

THE MAJESTY OF GOD



Watching wind in the trees

ROOTED AND GROUNDED



Looking at an established tree

THE JOURNEY OF FAITH



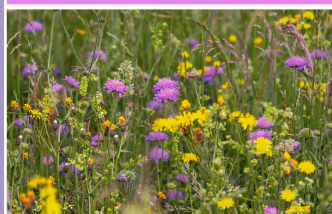
In your hallway
 Where a path divides

SHARE THE GOOD NEWS



Looking out a window
 Looking into the distance

GOD'S GOOD GIFTS



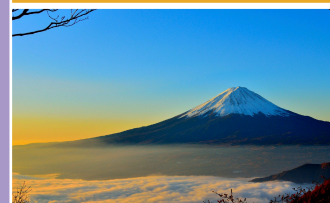
Looking at flowers
 In a meadow area

LIVING HOPE



In the sunlight
 Enjoying the sun

WATCHING OVER YOU



Looking to the sky
 Looking to the sky or hills

GOD'S GRACE



*But now, this is what the Lord says:
he who created you, Jacob,
he who formed you, Israel:
"Do not fear, for I have redeemed you;
I have summoned you by name
you are mine.*

*When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.*

Isaiah 43 1-2

These verses are very personal - as you come into the presence of the one who created you, try reading these verses to yourself and each time the word "you" appears, try including your own name after it.

Spend some time confessing your sin and thanking God for His forgiveness, that He is the one who has redeemed you and called you by name.

Spend some time thanking God for this promise to be with us in the difficult times.

Reflect on how God has been with you during the pandemic.

THE MAJESTY OF GOD



*Who has gone up to heaven and come down? Whose hands have gathered up the wind?
Who has wrapped up the waters in a cloak? Who has established all the ends of the earth?
What is his name, and what is the name of his son? Surely you know!*

Proverbs 30: 4

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together.

Colossians 1: 15-17

**Jesus is the author of creation and in Him all things hold together.
What impact does this truth have on you? That in the midst of this pandemic,
in all our uncertainty and doubt, when we do not understand, however we may feel,
"in Him all things hold together."**

ROOTED AND GROUNDED



For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Ephesians 3: 14 -19

Think about/look out of the window at a well-established tree. What does it mean for you to be "rooted and established" in love? Take time to remind yourself how wide, long, high and deep is God's love for you and the firm foundation this gives you. This tree grew from a seed. How does the tree speak to you of your life with God?

THE JOURNEY OF FAITH



This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."

Jeremiah 6: 16

From this firm foundation, God calls us. The last few months have taken us through strange and challenging times.

Where is the next stage for you?

Where is God leading you?

Where is He leading His church both our church at Emmanuel, and the church in England?

Ask God to show you, and the church, His "good way" forward.

Are you ready to walk His way?

SHARE THE GOOD NEWS



But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 5 v 8

So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

Luke 15 v 20

Reflect on the wonder of God's love for you - that when you turned to Him, He ran to meet you with open arms.

As people are searching now, perhaps more than before, ask God how you can pass on the good news of His wonderful plan love for them.

Talk to Him about your fears and doubts, ask Him for courage and peace.

GOD'S GOOD GIFTS



Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these.

If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you - you of little faith! And do not

set your heart on what you will eat or drink; do not worry about it.

For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.

Luke 12: 27 - 31

Try to find a meadow or an area with wildflowers.

Look at them, their abundance, their beauty.

Spend time in thanksgiving, counting your blessings as you reflect on all that God has given you.

Then turn to prayer, bringing anything you need, casting your burdens to God.

LIVING HOPE



Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.

These have come so that the proven genuineness of your faith - of greater worth than gold, which perishes even though refined by fire - may result in praise, glory and honour when Jesus Christ is revealed.

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

1 Peter 1: 3 - 9

As we move out of Coronavirus Lockdown, pray that as a nation we will rejoice in the living hope. As a church we have a hope for the future.

WATCHING OVER YOU



I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

He will not let your foot slip - he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.

The Lord watches over you - the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.

The Lord will keep you from all harm - he will watch over your life; the Lord will watch over your coming and going both now and forevermore.

Psalm 121

**We're a bit hard pushed to find mountains in Croydon but look for some hills.
Lift your eyes. Thank God that He is our creator, our redeemer and our protector.
Thank Him for His majesty, His mercy and His constant watching over you.
Thank Him that He can be trusted.**